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November 18, 2014

HSZC.org

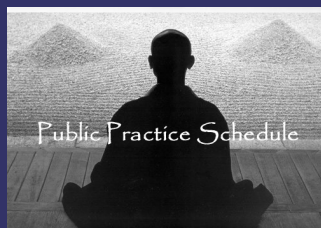
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Dharma Study, Resident Student
Program & Our Practice Schedule &
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Public Practice Schedule

PLEASE NOTE! There is an
additional Study Period
Schedule running at the same
time as below, and including
this schedule until Dec7th!

Sangha e-Newsletter 2014



Sit Empty of Worldly Anxiety

If you truly appreciate a single thread your eye can suitably meet the world and its changes. Seeing clearly; do not be fooled, and the ten thousand situations cannot shroud you. Moonlight falls on water; wind blows over pines. light and shadow do not confuse us; sounds or voices do not block us. The whistling wind can resonate pervading without impediment through various structures. Flowing along with things, harmonizing without deviation, thoroughly abandoning webs of dust, still one does not yet arrive in the original home.

Put to rest the remnants of your conditioning. Sit empty of worldly anxiety, silent and bright, clear and illuminating, blank and accepting, far-reaching and responsive. Without encountering external dusts, fulfilled in your own spirit, arrive at

Monday

*7:00 am Zazen

*7:40 am Morning Chanting Service

*Last Monday of each month, no morning schedule.

6:00 pm Zazen

6:40 pm Evening Chanting Service

Tuesday- Friday

6:00 am Zazen

6:40 am Kinhin (walking meditation)

6:50 am Zazen

7:20 am Chanting Service

7:40 am Soji (brief temple cleaning)

6:00 pm Zazen

6:40 pm Chanting Service

Thursdays Study Hour 7:30pm**Saturday**

6:30 am Zazen

7:10 am Chanting Service

7:25 am Soji

8:30 am Drop-in instruction

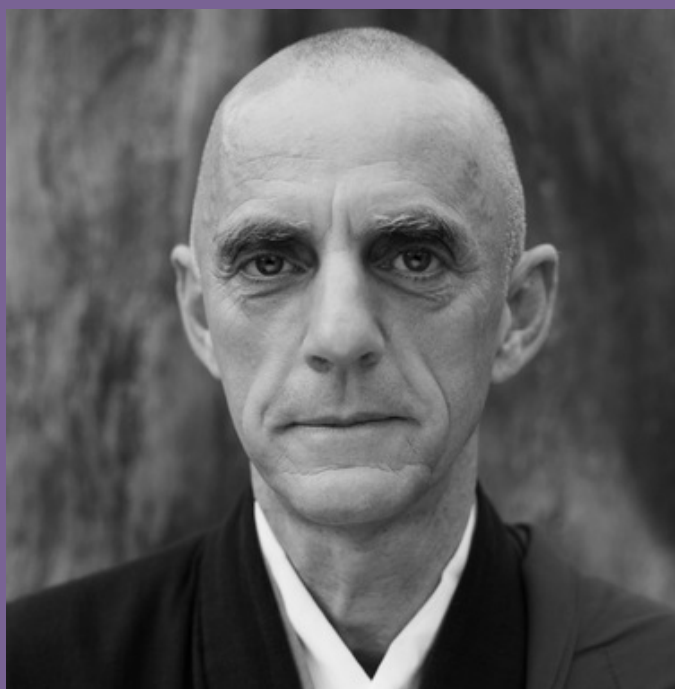
9:25 am Zazen

10:15 am Dharma Talk

11:00 am Refreshments/Social

this field and immediately recognize your ancestors.

From: [Cultivating the empty field, the silent Illumination of Zen Master Hongzhi - Taigen Dan Leighton](#) - Practice Instructions



[Ikkyo Ottmar Engel Roshi](#) practiced at Crestone Mountain Zen Center for several years and was the headmonk at **Hartford Street Zen Center** in San Francisco. Engel Roshi is at present Vice Abbot of Johanneshof and one of Baker Roshi's Dharma successors.



Upcoming Events:

Dharma Talks - [Rev. Myō Lahey](#) - Nov 22, Dec 5, 20, Jan 3, 2015
@10:15am

Guest Speaker Saturdays @10:15am - November 29 [Anshi Daigi](#),
[Zachary Smith](#), December 13 [Kokyo Henkel](#), December 27 [Tokuden Shinki](#),
[Mark Lancaster](#)

Full Moon Ceremony - Saturday, December 6 @ 11am - the Full
Moon before Yule, Full Cold, or Full Long Nights Moon.

Winter Study Period - kicked off on Sejiki (October 25) and runs
through Rohatsu and the Winter Light 5 day retreat (to December 7th).
[Look below for details!](#)

Sangha Council - Last session: November 8th 2014

Founder's Memorial - Issan's Memorial is generally on the 6th of
the month, & the memorial for Philip Whalen is generally on the 26th @
6:40pm

Study Hour - Thursdays @7:30pm: the Vimalakīrti Sūtra, also called
Vimalakīrtinirdeśa Sūtra. There are multiple translations, we focus a bit on
the Dr Robert Thurman version, but welcome any version to compare the
translations. We can share books for anyone who wants to join in, or feel
free to purchase a copy and join us (many are very low cost online). Check
our twitter page for any changes in schedule.

Next Board of Directors' Meeting - Second Wednesdays of the
month December 10 @ 7:30pm You're welcome to attend & observe.

Winter Light Retreat (Rohatsu timing) & Bodhi Day - The Winter
light Retreat Begins December 3rd and ends with a [Bodhi Day](#) Celebration,
also marking the end of the Study Period, Sunday Dec 7th. More details on
the Winter light Retreat Participation/attendance below.



weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!
Thursdays & Fridays

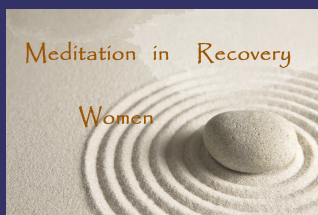
10:30 am zazen

11:00 am garden socializing



weekly meditation group for men & women in recovery from addiction

Fridays, 7:30 pm - 9 pm



Closure & Schedule Changes coming up!

No Morning (only) Zazen & Chanting/Service on the Last Monday of every month

November 27th for the Thanksgiving National Holiday

WINTER STUDY PERIOD -

We would like to invite YOU to still join the in progress, Fall Study period @ HSZC!



Periods of focused practice are an ancient and vital part of Buddhist, and especially Zen, tradition. During the Study Period and Winter Light Retreat we will have an opportunity to focus on meditation and inner reflection, deepening our practice of the Buddha Way together.

Modeled on the traditional 90 Day Anko (Practice Period) the Study Period will include opportunities for private interviews with Rev. Myo (dokusan), lectures and special ceremonies, as well as semi-formal meals (oryoki influence/style, formal breakfast), teas, and additional periods of meditation.

[Click here for details & how to sign up!](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am zazen	6:00am zazen	6:00am zazen	6:00am zazen	6:00am zazen	6:00am zazen	
7:40 service	6:40 kinhin	6:40 kinhin	6:40 kinhin	6:40 kinhin	6:40 kinhin	
	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	
	7:20 service	7:20 service	7:20 service	7:20 service	7:20 service	
	7:40 soji	7:40 soji	7:40 soji	7:40 soji	7:40 soji	
*** lecture dates 10/27, 11/10, 11/24						8:00 formal breakfast
						9:25 zazen
						10:15 lecture
						11:00 kinhin
						11:10 zazen
						11:50 service
						noon - tea & cookies
6:00pm zazen	6:00pm zazen	6:00pm zazen	6:00pm zazen	6:00pm zazen		
6:40 service	6:40 service	6:40 kinhin	6:40 service	6:40 service		
7:00 lecture***	7:00 Sangha Tea	6:50 zazen	7:30 Study Hour	7:30 Shuso Tea		
		7:20 service				

Words From Our Abbot: Rev Myō Lahey

(Women only)
monthly meditation group for
women in recovery from addiction.

First Thurs, 7:15 pm -8:45 pm

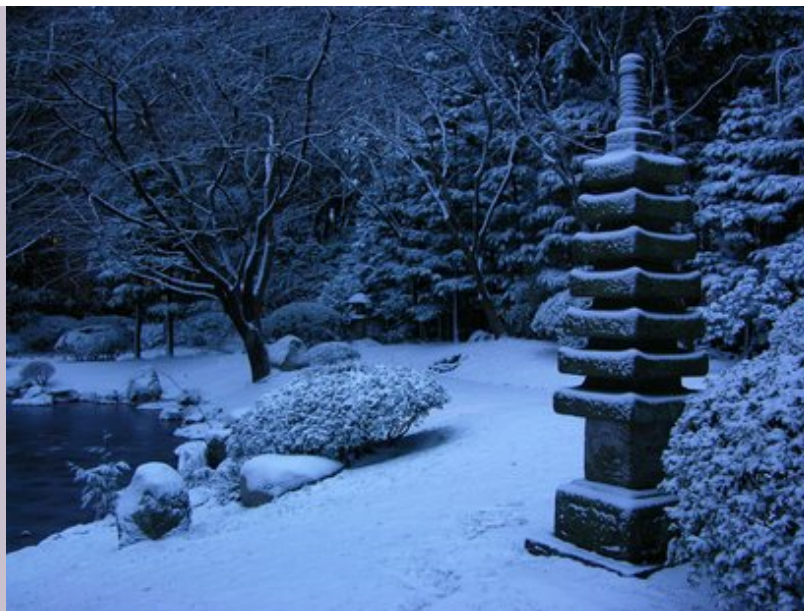
<feelings at a sacred place and that these same feelings can be occurring anywhere>

...and what you felt was the vividness in your own life, reflected in you...
What is vivid is now, not the memory and of course this was Shakyamuni 's teaching.

The key to freedom is now, found in this moment, and the true power of memory is drawn from its arising in this moment, in this bodymind now; of course we think of it as the past. And we contemplate something we imagine will happen in the future, we think it is the future, but all of those phenomena are arising now. And Shakyamuni Buddha was very clear in saying that is where we look. That is where we study. That is the moment, in as we just chanted, Dogen saying turning the light and illuminating the self which is I am sure you know by now, composed nothing more than what is currently arising in this moment, in this place.

So what is really vivid is now and in zazen; with this teaching we affirm that vividness by just sitting down where we are, and as Dogen says both figuratively and literally not leaning forward or backward or right or left. Not drifting off into the past or reaching into the future. Or if those impulses arise we recognize them as happening as now, and that radiance if you like is the dharma gate of the repose and bliss. We're not panning for gold, we are not shifting through flour looking for weebles. We aren't doing any of that.

[Valley Streams Dharma talk 11 2014](#)



Hartford Street Zen Center's annual Winter Light Retreat begins Wednesday evening, December 3, 2014 and ends at noon on Sunday, December 7 after our annual ceremony celebrating Buddha's Enlightenment.

Everyone is welcome to join us for any of the scheduled sittings, talks and services in our zendo (meditation hall) from 6:00 am until 9:30 pm. [Click here to see the schedule.](#)

If you plan to attend meals and/or stay at our temple, please email hszc108@yahoo.com to sign up or ask additional questions. *Winter light Retreat only (not including the fall study period) attendance is \$85 members \$95 non-members*

To our dear friends of Aloka Vihara, formerly located in San Francisco, currently at the foothills of the Sierras near Placerville, CA.

We wanted to extend our great congratulations on the Ordination of Bhikkhuni, Ayya Jayati! What a great and joyous occasion and gift to the worldwide Buddhist Family/Sangha! We send our love and support and can feel the joy from this event all these miles away in San

Francisco and join in it with our hearts openly & fully.

[Click here to get a glimpse into this recent event](#)



*Who once was heedless
but later is not
brightens this world
like the moon freed from clouds.*

- the Buddha, *Dhammapada* 172

Prisoners who are Buddhist or Buddhist Interested, need you!

From Rev Jeffrey Schneider of SFZC:

Every month we get letters from prisoners all over the United States, asking for information about Buddhist practice, for books and to be connected with a Buddhist pen pal. Every letter is answered personally, books and articles are sent out at no cost (both to individuals and to prison libraries) and we make every effort to pair prisoners and volunteer pen pals.

I am writing to ask that you make known to your sangha members <<you!>> the opportunity to participate in this work by becoming volunteer pen pals. As our prisoners are spread out across the country, so are our volunteers. All

letters come to SFZC and are forwarded to the volunteer. The identity and location of the pen pal is protected.

As someone who has been a pen pal for many years, (long before I assumed the position of coordinator), I can attest that the opportunity to make a positive difference in the life of another person, at so little cost to myself in terms of time and effort, is a rare gift. I have received many times what I have given.

To offer the gift of support to another Human being and build a friendship through written correspondence, please reach out to Jim Shalkham at:

jim_shalkham@yahoo.com

Other Holidays or LGBTIQQ Events:

[Thanksgiving](#) - Nov 27th

[World AIDS Day](#) - Dec 1

[Bodhi Day!](#) - Dec 8th

[Human Rights Day](#) - Dec 10

[Arba'een or Chehelom](#) - Dec 12

[Chanuka](#) - December 16-24

[Winter Solstice](#) - Dec 21

[Christmas](#) - Dec 25th

[Kwanzaa Begins](#) - Dec 26

[New Year's Eve](#) - Dec 31

[New Year 2015](#) - Jan 1, 2015

[Additional LGBTQI Events](#) - OR - [found Here](#)



From The Library of Hartford Street Zen Center:

Books we are on the lookout for or gladly would accept as a gift:

Title	Author
Dogen's Manuals of Zen Meditation	Bielefeldt, Carl
Connected Discourses of the Buddha	Bodhi, Bhikkhu
Numerical Discourses of the Buddha	Bodhi, Bhikkhu
Cooking Zen	Dogen
Zen Canon	Heine/Wright
Dogen on Meditation and Thinking	Kim, Hee-Jin
Flowers of Emptiness	Kim, Hee-Jin
Any title in French or English	Lamotte, Etienne
Master Dogen Shobogenzo Books 1- 2	Nishijima, Gudo
Nothing Is Hidden	Okumura, Shohaku



[Tom Hawkins](#)

Featured/New additions (in titled themes):

Some "Essentials" from the library...

Essential Buddhism

Essential Dalai Lama

Essential Dogen

Essential Rumi

Essential Talmud

Essential Teachings of Zen Master Hakuin

Essential Tibetan Buddhism

Essential Zen

or...

From the library, ____ (fill in the blank) ...Zen

Ambivalent Zen

Bankei Zen

Essential Zen

Everyday Zen

Hardcore Zen

Healing Zen

Living Zen

Radical Zen

Rational Zen

Soto Zen

Street Zen

Seeking a **LGBTIQQ**, **Buddhist** space **for your wedding**? HSZC & Abbot Rev. Myō Lahey can be a part of this amazing & love filled ceremony. HSZC can house your Zen Buddhist Wedding ceremony & Rev Myō can perform weddings! Please email hszc108@yahoo.com, call us, or a better way yet is to stop in & discuss



during our publicly open hours.

Abbot, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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info@hszc.org

415.863.2507

Please submit stories, reflections, personal news, artwork & photography for future newsletters to

KeiDo at tetsugen.keido@yahoo.com

May this newsletter find you well & equanimous! __/|__

